

CRC PRICES

Type	Member (resident)	Member (non-resident)	Non-member (resident)	Non-member (non-resident)
Enrollment Fee	\$50-Individual \$75-Family/Couple	\$50-Individual \$75-Family/Couple	-	-
Adult Membership	\$55/mo	\$59/mo	-	-
Family Membership	\$80/mo	\$86/mo	-	-
Senior / Special Hours	\$39/mo	\$43/mo	-	-
Senior Couple / Special Hours	\$66/mo	\$72/mo	-	-
Adult Plus	\$38/mo	\$42/mo	-	-
Teen Fitness	\$25/mo	\$29/mo	-	-
Add-on YMCA Membership	FREE	FREE	Fee	Fee
Core class	FREE	FREE	Day Pass + \$5	Day Pass + \$5
Day Pass	-	-	\$9-Adult \$5-Youth	\$10-Adult \$7-Youth
Kids' Zone	FREE	FREE	\$4/child	\$4/child



MEMBERSHIP CATEGORIES

Adult: Includes one adult and all children through the age of 21 living at the same address. Access all hours, all core programs.

Family: Two adults and all children through age of 21 living at the same address. Access all hours, all core programs.

Senior/Special Hours: One adult (21 and older), designed for seniors and those with flexible schedules. Access 10am to 4pm weekdays, and anytime on the weekends (access to other YMCA's are not included in this membership). Access all core programs during these hours. Children are not included in this membership.

Couple Senior / Special Hours: Two adults (21 and older), designed for seniors and those with flexible schedules. Access 10 am to 4pm weekdays, and anytime on the weekends (access to other YMCA's are not included in this membership). Access all core programs during these hours. Children are not included in this membership.

Adult Plus: Additional adult to a family membership, living at the same address. Access all hours, all core programs.

Teen: One teen, ages 13-18. Access all hours, all core programs.

BENEFITS OF MEMBERSHIP

- Free group exercise classes
- Free aqua fitness classes at both the CRC and Aquatics Center
- Free lap and recreational swimming at both the CRC and Aquatics Center
- Free access for your children (up to age 21)
- Free use of open gym - volleyball / basketball / badminton / soccer
- Free access to the Skate Park
- Member prices for swim lessons and specialty classes
- Free access to 5 YMCA of Silicon Valley branches
- Use of YMCA facilities around the country while traveling

CORE MEMBER PROGRAMS

Core fitness classes and Fitlinxx are free for members. The following are included with a membership.

- Group exercise classes
- Group cycling classes
- Fitness orientation
- Open gym
- Lap swim, aqua fitness, recreational swim at both the CRC and Aquatics Center

HERE'S HOW YOU CAN GET INVOLVED

- Come to the Senior or Teen Center(s) for free.
- Join the fitness facility as an individual or family member.
- Pay to sign up for a specific class.
- Buy a Day Pass for a single visit.



Look for this starburst
through out the
Recreation Guide to find
FREE CLASSES
with your CRC membership.

CRC CORE PROGRAMS

AQUATICS

INDOOR LAP SWIM

The Centennial Recreation Center Pool has the ability to accommodate three 20 yard lap lanes. During scheduled Lap Swim Times there will be a minimum of 1 lap lane available except for the below noted times.

Location: Centennial Recreation Center

Monday-Friday 5:00am-9:30pm
(Lap swim WILL NOT be available during these times;
M/W/F 11:40am-12:50pm and M-TH 6:55pm-8:05pm)
Saturday 6:30am-7:30pm
(Lap swim WILL NOT be available from 7:55-9:05am)
Sunday 8:00am-5:30pm

OUTDOOR LAP SWIM

Lap swim is available at the Aquatics Center Competition Pool. Current CRC membership or day pass fees apply for General Public Lap Swim. During Scheduled lap swim times there will be at least 5 lanes open for lap swimming.

Location: Morgan Hill Aquatics Center

Monday-Friday 5:00am-8:00am & 11:30am-1:30pm
Monday, Wednesday & Friday 5:00pm-8:00pm
Saturday 7:00am-10:00am

CO-ED AQUATIC FITNESS CLASSES

All aquatics fitness classes are included as part of the CRC membership. Customers can also elect to pay a drop in fee to participate in classes.

Location: Morgan Hill Aquatics Ctr & Centennial Recreation Ctr

Shallow Tone

This shallow water class is designed to accommodate all fitness levels. With a combination of cardiovascular conditioning, toning techniques, and strengthening exercise, this class will provide you with a total body workout minus the effect from hard surfaces. Aqua socks or tennis shoes are recommended.

Beginner Sculpt

A gentle cardiovascular and muscle toning class geared for the novice participant. Aqua socks or tennis shoes are recommended.

Fluid Yoga

Experience a blend of Yoga and Ai Chi (Tai Chi in water) movements in the fluid environment of the pool. This class is a blend of strength and flexibility movements. It is especially beneficial for anyone desiring to increase their range of motion and improve their balance.

Deep H2O Dynamics

This class is designed for more proficient swimmers and is taught in 7ft. of water. Deep water aerobics with the assistance of cuffs and hand buoys will increase flexibility, strength, cardiovascular endurance, balance, and motor coordination in a non-impact environment.

**Updated schedule online at
www.mhaquaticscenter.com**

Child care while you work out.

Free to CRC Members, drop in fee for non-members \$4.
Ages 6wks-12yrs.

Parent/Guardian must remain in building at all times.

M-F 8:00am-8:00pm

SA 8:30am-1:30pm

SU 8:30am-12:00pm

Monthly Activity Calendar online at www.mhcrc.com

GROUP EXERCISE CLASSES

The CRC offers a wide variety of fitness classes. We strive to accommodate all levels of fitness. If you are new to class, please let your instructor know. She/he may recommend appropriate modifications. You are encouraged to work out at your own pace.

Updated schedule at www.mhcrc.com

FITNESS CENTER

Our Fitness Center offers Cybex strength equipment, cardiovascular equipment which include treadmills, elliptical machines, cross trainers, recumbent bikes and free weights. The CRC provides certified professionally trained staff who are there to assist you and help you reach your fitness goals.

New Member Orientation

One of the premium benefits of joining the CRC as a member is the opportunity to learn how to use our fully equipped Fitness Center to your best advantage. The CRC offers all Facility Members free one-on-one orientations with our trained fitness coaches. Make your appointment today at the Front Desk!

FITLINXX

Fitlinxx is an interactive computerized fitness network designed to make sure you get a personalized workout each time you exercise. The system is designed to give you instant feedback while you exercise on the fitness equipment and for your fitness coach to monitor your progress and help you reach your fitness goals. Each piece of equipment works on a specific muscle group and is safe, effective and easy to use. Sign up now for a free orientation.

GYMNASIUM

The CRC offers a full court gymnasium. The gymnasium is available for open gym volleyball, basketball and badminton, and Youth and Adult Sports Leagues.

Updated schedule at www.mhcrc.com

SKATEBOARD/BMX PARK

The park offers designated Skateboard and BMX days and times.

Updated schedule at www.mhcrc.com



KIDS' ZONE



Tuesday, May 18	Membership Appreciation Day	9-12pm
Thursday, June 17	Membership Appreciation Day	4-7pm
Wednesday, July 21	Membership Appreciation Day	9-12pm
Saturday, August 14	Member Appreciation BBQ	3-6pm
Saturday, August 28	Membership Appreciation Day @ Aquatics Center	12-3pm



CRC Fitness Expansion 2010...

The Centennial Recreation Center (CRC) is expanding. Due to the overwhelming success of the CRC we have quickly outgrown our space. The CRC Fitness Expansion Project will increase the size of the Fitness Center by nearly 2,000 square feet. This increases the size of the Center by about 67% to a total of approximately 5,000 square feet. Leading up to the Fitness Expansion we asked for your feedback. We heard you and have incorporated what you asked for in to the Fitness Expansion.

HOW WILL THE FITNESS CENTER IMPROVE?

Got Space? A primary concern for members has been the need for better spacing throughout the Fitness Center. This will be accomplished by providing a designated walkway through the Fitness Center with better access to all areas. More equipment will be added and at the same time overall spacing will also be improved.

Watch us Grow. As we complete the expansion, we will be adding more equipment to the facility. As our members requested, the biggest increase will be in the amount of cardio equipment. Eight new treadmills along with other high use equipment will increase the amount of cardio equipment in the Fitness Center by 50%.

A Flexible Solution. The expanded Fitness Center will have a designated stretching area complete with open floor space and a variety of specialized stretching equipment. The designated area will provide a safe and comfortable place for members to stretch.

Worth the Weight. There will be additions to the free weight area, including: more benches, dumbbells, and weights. There will also be more space allocated to the free weight area.

Strengthening Our Future. Youth specific equipment will be added to the facility so that our youth will have a place to work out safely on equipment designed specifically for them. This will not only be a great thing for our youth members, but will open up more time on the other equipment for all users.

WHEN WILL IT BE COMPLETE?

Construction began in October 2009 and will last through April 2010 with the project concluding and the new space opening in early May.

WE'RE EXCITED!!!

The CRC Team is very excited about the upcoming Fitness Expansion and the ability to provide our members with a new and improved Fitness Center. We are committed to minimizing construction impacts to our members and believe the benefits you will soon experience in our expanded Fitness Center will definitely be "Worth the Weight"! Thank you for your patience and please don't hesitate to contact us with any questions or concerns you may have.

Team CRC

www.mhccrc.com • 408.782.2128